COURSE OUTLINE

Cannabis - Marijuana, THC, CBD, Synthetics - DOT | 8 Hours - 09/23

C1 – Cannabis – This Is For You

C16.1 - Not Knowing Is Not An Excuse

C16.2 – Sometimes All It Takes Is A Single Incident

Cannabis - Pause, Reflect, Respond

C16.4 – Supreme Court Sides Driver in CBD Oil Case

C2 - Cannabis - the Basics

C26.0 | Let's Learn Some Cannabis Terms & Definitions

C26.1 | Interesting Facts About Cannabis

C26.2 – A Brief History of Cannabis

C26.3 - Video: Where Did the Cannabis Plant Come From?

C26.4 – Types of Cannabis

C26.5 - Names for Cannabis: From Marijuana to Delta 9

C26.5.1 - Understanding Delta-8 and Delta-9 THC*

Synthetic Marijuana

Brand Names for Synthetic Cannabis

Video: Teen Who Almost Died from Synthetic Marijuana Tells Her Story for the First Time

C26.6 – Better Buns

C26.7 – What is Cannabis

C3 - Cannabis - the Histories

C36.1 – Trends in History

C36.3 – Federal Government's Stance on Safety

C36.4 – A Brief History of Cannabis in the U.S.

History of DOT Regulations

History of DOT Regulations - The War On Drugs

History of DOT Regulations – Public Law 100-171

History of DOT Regulations – DOT Regulated Industries

History of DOT Regulations – The Omnibus Act

C36.5 – Real Life – Why I Quit – Miley Cyrus

History - Pause, reflect and respond

C36.6 - Quiz - The History of Cannabis

C4 - Cannabis Past And Present

C46.1 - Changes in Cannabis

C46.2- Changes in Cannabis - 1995-2014

C46.3 – Changes to Cannabis – CBD

C46.4 - Real Life - Why I Quit - Brad Pitt

Quiz - Changes in Cannabis

C46.5 - Past versus Present - Pause, Reflect, Respond

C46.6 – Quiz – Changes in Cannabis over the last 30 years

C5 - Finding The Truth - Why People Use Cannabis

C56.3 – Finding the Truth – Social Use

C56.5 - Finding The Truth - Medical Use

C56.4 – Finding The Truth – Personal "Adult" Use

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C56.6 – Finding the Truth – To Summarize
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C56.7 – Video: How to see past your own perspective and find the truth

C56.8 - Why I Quit - Lady Gaga

C56.9 - Finding The Truth - Pause, Reflect, Respond

C56.8 – Finding The Truth

C6 – Methods of Use – Objectives and Terms

C66.1 – Methods of Use – Inhalation

C66.2 - Method of Use: Oral Ingestion & Sublingual

C66.3 – Method of Use – Topical

C66.5 - Method of Use - Pause, Reflect, Respond

C66.4 - Real Life - Why I Quit - Weedless.org

C16.3 - Cannabis Use - Pause, Reflect, Respond

C66.6 - Quiz - Method of Use

C7 - Cannabis the Science

C76.1 - The Science - THC versus CBD

C76.2 - The Science - The Brain on THC

C76.3 - The Science - The Body on THC

Video – Demystifying the Endocannabinoid System

The Science – Pause, Reflect, Respond –

P1.2 – Video: Let's quit abusing drug users

C76.4 – Real Life – Why I Quit – Kid Cudi

C76.5 - The Science - Pause, Reflect, Respond

C86.6 - Video: Build A Brain

C76.6 - Quiz - The Science

C8 - Cannabis Effects

C86.1 – Effects of Marijuana Use on Physical Health – Respiratory System

C86.2 - Video: 17-year-old speaks out after double lung transplant due to vaping

C86.3 - Effects - Circulatory System

C86.4 – Effects – Central Nervous System

C86.5 – Effects: Digestive System

C86.7 – Effects Immune System

C86.8 – Effects – Reproductive System

C86.9 - Video: Medical Marijuana and Fertility

C86.11 – Effect – Pause, Reflect, Respond – Physical Health Effects

C86.11 – Effects of Cannabis (8/22)

C9 – Effects of Marijuana Use on Mental Health

C96.1 -Effects - Mental Health

C96.2 -Mental Health

C10 – Effects of Cannabis On the Job

Effects On the Job – Objectives, Terms

C106.1 – Impairment

C106.2 - Many Drivers Never Return To Work

C106.4 – The Law, Employees, & Employers

C106.3 – What Does The Law Say

C106.5 - Effects Job - Pause, Reflect, Respond

C106.6 – Effects On the Job (8/22)

C11 – CBD

- C116.1 Learning the Language
- C116.2 So What is Marijuana And What is Cannabis?
- C116.3 Let's Visualize
- C116.4 CBD Basics
- C116.5 Why Do People Use CBD?
- C116.6 Kinds of CBD
- C116.7 CBD Extraction Methods
- C116.8 How is CBD used?
- C116.9 Common Methods Continued
- C116.10 Side Effects of CBD
- C116.11 Concerns About CBD
- C116.12 CBD And THC Approved Medications
- C116.13 FDA Warnings
- C116.14 Selling CBD
- C116.15 Video: Amazon prohibits CBD sales
- C116.16 CBD Mislabeling and Contamination
- C116.17 Operation CBDeceit
- C116.18 Risks Of CBD
- C116.19 Interactions
- C116.20 Narrow Therapeutic Index
- C116.21 Risk Of CBD In Pregnancy
- C116.22 CBD Stories A Trucker, Train Engineer and Flight Attendant

Cannabis Products That Don't Contain CBD Or THC

Departments of Transportation and Defense

C116.23 - CBD

C1.0 – CBD Is Everywhere

Research

Current Perceptions

Picking Reliable Sources

Navigating the Research

Websites Examples

The National Academy of Science Research (NAS) Cannabis Study

NAS Investigation Conclusions

RSA.1 | Terrifying Video of Drunk Truck Driver

- Safety Sensitive Employees
 - SS.2 | DOT Drug and Alcohol Testing Overview
 - SS. 3 | What is Part 40
 - SS.4 | Prohibited Conduct
 - SS.6 | When will you get tested
 - SS.7 | Drug Testing
 - SS.8 | Alcohol Testing
 - SS.Q8 Alcohol Testing (8/22)
 - SS.9 | Refusal to Test
 - SS.10 | Removal from Safety Sensitive Duties
 - SS.10 Removal (8/22)

- SS.11 | DOT Return to Duty
- SS.12 Treatment, Prevention and Confidentiality -
- A1.1 What is addiction –
- SS.5 | Common Drug Panel Tests
- SS.Q5 Common Drug Panel (08/22)
- C12 Prevention and Treatment
 - C126.1 Self-Diagnosing For Cannabis Use Disorder
 - C126.2 Psychiatric Times Case Study
 - C126.3 Video: What Physicians Should Know About Addiction and Recovery George
 - C126.4 How to Find Treatment –
 - C126.5 Recovery and Relapse
 - C126.6- References and Resources
 - Cannabis Post Test
 - Course Survey